

**Amendments to the Claims**

The current listing of the claims replaces all previous amendments and listings of the claims.

1. (Currently Amended) Three-dimensionally adjustable armrest, ~~in the case of which the comprising:~~

~~an armrest carrier (1) can be configured to be adjusted in respect of height; and the an arm support (10, 11) can be configured to be adjusted longitudinally in a horizontal plane[[],] and the arm support (10, 11) can also to be rotated through at least 90° about an axis (17),~~

~~characterized in that wherein the axis (17) is eccentric in relation to the an axis of symmetry of the arm support (10, 11) which runs in the a seat direction, and the longitudinal adjustability and the eccentric rotatability of the arm support (10, 11) are achieved in that a carrying panel (10) of the arm support is connected to a longitudinally running guide (7) in which the guide noses (6) of a rotary part (4) run, the rotary part being mounted in a rotatable manner in the a rotary bearing (5) at the at a top end of the armrest carrier (1, 2), and the guide (7) being arranged parallel, but and eccentrically in relation[[],] to the axis of symmetry of the arm support (10, 11).~~

2. (Currently Amended) Armrest according to claim 1, ~~characterized in that the wherein a vertical distance between the eccentric a point of eccentric rotation and the axis of symmetry of the arm support is between 5 and 15 mm, preferably 10 mm.~~

3. (Currently Amended) Armrest according to claim 1, ~~characterized in that wherein the guide (7) is arranged in a housing (12) which is screwed to the an underside of the a carrying panel (10) by means of the screws (13), and connection to the rotary part (4) is achieved in that a retaining plate (8) is provided above the guide (7), the retaining plate being screwed to the guide noses (6) of the rotary part (4) via the retaining screws (9).~~

4. (Currently Amended) Armrest according to claim 1, ~~characterized in that wherein~~ the armrest carrier comprises a carrier (1), which is connected to ~~the a~~ seat via a seat flange (3) ~~which can~~ configured to be adjusted transversely to the seat direction, and a sleeve (2), which slides on the carrier (1) and in the top end of which is provided the rotary bearing (5) with the rotary part (4), and in that vertical rotary latching protrusions (15) are provided on ~~the a~~ circumference of the rotary part (4) and horizontal expandible latching protrusions (14) are provided between ~~the an~~ underside of the ~~guide~~ housing (12) and the rotary part (4), ~~with the result such~~ that the arm support (10, 11) ~~can~~ is configured to be fixed in a number of positions both in ~~the a~~ rotary direction and along the seat direction.

5. (Currently Amended) Armrest according to claim 1, ~~characterized in that wherein~~, with the arm support (10, 11) rotated through 90° in relation to the ~~longitudinal seat~~ direction ~~of the chair, the clear, a~~ distance between the two arm supports ~~of the chair is variable~~ configured to vary by up to 2 cm on each side, ~~that is to say by a total of 4 cm.~~

6. (Currently Amended) Armrest according to claim 1, ~~characterized in that wherein~~ the arm support (10, 11) ~~can~~ is configured to be rotated through at least 180°.

7. (Currently Amended) Armrest according to claims claim 3 and or 5, ~~characterized in that wherein~~ the arm support (10, 11) ~~can~~ is configured to be fixed in rotary positions which differ from one another by 15°.

8. (Currently Amended) Armrest according to claim 5, ~~characterized in that wherein~~ the ~~clear~~ distance between the two arm supports of the chair ~~can~~ is configured to be ~~adjusted~~ ~~in a range of~~ from 30 cm to 55 cm.

9. (New) Armrest according to claim 1, wherein a vertical distance between a point of eccentric rotation and the axis of symmetry of the arm support is 10 mm.

10. (New) Armrest according to claim 1, wherein the guide is arranged in a housing which is fastened to an underside of a carrying panel, and connection to the rotary part is

achieved in that a retaining plate is provided above the guide, the retaining plate fastened to the guide noses of the rotary part.

11. (New) A chair, comprising:

an adjustable armrest comprising:

a carrier adjustable in height; and

a support adjustable longitudinally in a horizontal plane and rotatable through at least 90° about a first axis,

wherein the first axis is disposed eccentrically relative to an axis of symmetry of the support extending in a seat direction,

the support is connected to a longitudinally extending guide in which a protrusion of a rotary component is configured to move, the rotary component mounted in a rotary bearing disposed in the carrier, to thereby permit longitudinal adjustability and eccentric rotatability of the support, and

the guide is disposed parallel and eccentrically relative to the axis of symmetry of the support.

12. (New) An adjustable arm rest for a chair, comprising:

a support configured to move in a first direction in a plane and to rotate in the plane;

a carrier configured move in a second direction disposed at an angle to the plane; and

a bearing connecting the support and the carrier, the bearing configured to permit movement of the support in the first direction in the plane and rotation in the plane about an axis that is offset from an axis of symmetry of the support.

13. (New) The rest according to claim 12, wherein the support comprises a guide portion configured to receive a corresponding protrusion of the bearing.

14. (New) The rest according to claim 13, wherein the bearing comprises a rotary portion disposed in a void defined in the carrier, the rotary portion connected to the protrusion.

15. (New) The rest according to claim 14, wherein the carrier is configured to move in an about vertical direction.

16. (New) The rest according to claim 15, wherein the support is configured to move in the first direction in an about horizontal plane perpendicular to the about vertical direction.

17. (New) The rest according to claim 16, wherein the axis about which the support is configured to rotate is about perpendicular to the horizontal plane.

18. (New) The rest according to claim 17, wherein the support has a second axis of symmetry.

19. (New) The rest according to claim 18, wherein the support has an about rectangular shape.